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ABSTRACT

German second language instructional materials contain a short text in German on mountain climbing in the Alps, a vocabulary list with translation, a simple German climbing song, a recipe for goulash soup in English, and a short text in English on mountain climbing. (MSE)

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BERGSTEIGEN IN DEN ALPEN

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BERGSTEIGEN IN DEN ALPEN

Eine beliebte Freizeitbeschäftigung der Deutschen, Österreicher und Schweizer ist das Bergsteigen. Die hohen Berge der Alpen laden dazu ein.

Aber so schön es ist, es kann auch gefährlich sein. Die richtige Ausrüstung ist wichtig: Stöckelschuhe und zu leichte Kleidung, sowie Unachtsamkeit führen oft zu Unfällen.

Der Alpenverein achtet darauf, daß die Wege und Kletterpfade immer in gutem Zustand sind. Die Markierungen weisen auf den Schwierigkeitsgrad hin. Sie machen es auch dem Anfänger möglich, sich zurechtzufinden.

Jeder Bergsteiger muß die Wettervorhersage beachten. Auch im Sommer kann es plötzlich hageln. Deshalb befindet sich im Rucksack eines jeden Bergsteigers neben Proviant ein Regenumhang, Notverbandszeug, und vielleicht sogar ein Zelt, falls er im Freien übernachten muß.

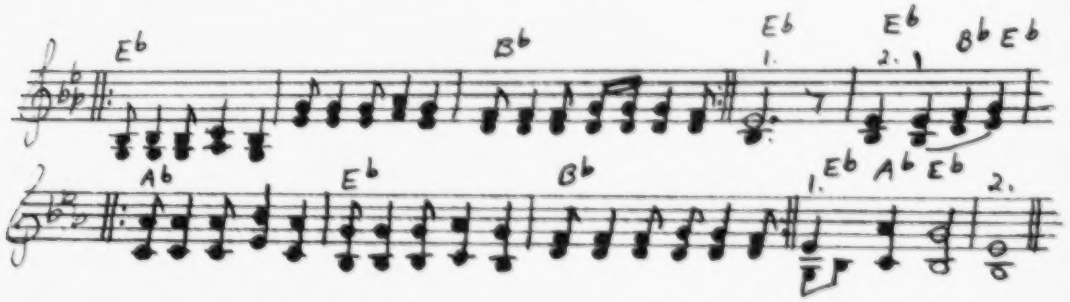
Der geübte Kletterer braucht außerdem noch Seile, Steigeisen, Pickel und Haken, einen Kompaß und eine Kletterkarte. Bei Unglücksfällen leistet die Bergwacht des deutschen Alpenvereins Hilfe. Diese Organisation besteht schon seit 1920 mit ihren Rettungs- und Meldestellen.

Die Berghütten[50] sind ganz einfach[51] eingerichtet[52] und sind oft eine Tageswanderung[53] voneinander[54] entfernt.[55] In den Selbstversorgerhütten[56] gibt es nur Matratzenlager[57] und Kochstellen.[58] Andere Hütten sind einfache Gasthäuser[59] und es gibt dort: Gulasch,[60] Würsteln,[61] Kaiserschmarren mit Kompott[62] und natürlich immer Glühwein[63] und Schnaps.[64] Die Nächte im Gebirge[65] sind kalt!

VOCABULARY:

1. mountain climbing
2. leisure activity
3. invite
4. dangerous
5. gear, equipment
6. important
7. high heeled shoes
8. not warm enough
9. carelessness
10. lead
11. accidents
12. the Alpine Association
13. takes care of
14. trails
15. mountain paths (for climbing)
16. condition
17. markings, route-indicators
18. point to, point out
19. level of difficulty
20. make possible
21. beginner
22. to orient (himself)
23. weather forecast
24. pay attention to
25. suddenly
26. hail
27. that is why
28. there is
29. in addition to
30. food (for the trip)
31. rain coat
32. first-aid packet
33. tent
34. in case
35. in the open (air)

36. stay overnight
37. skilled
38. needs
39. in addition
40. ropes
41. climbing-irons, crampons
42. pickaxe
43. hooks
44. (detailed) map
45. emergencies
46. helps
47. mountain guards
48. exists
49. rescue and alarm centers
50. mountain chalets
51. simply
52. furnished
53. a day's hike
54. from each other
55. located, in a distance
56. self-supporter huts
57. mattresses for sleeping
58. cooking facilities
59. inns
60. a Hungarian dish (spiced with paprika)
61. hot dogs (with mustard)
62. similar to pancakes with cooked fruit
63. hot spicy wine
64. clear, strong alcoholic beverage, made of fruits or herbs
65. mountain range

WENN WIR ERKLIMMEN

Wenn wir erklimmen sonnige Höhen,streben dem Gipfelkreuz wir zu
In unsren Herzen brennt eine Sehnsucht, die läßt uns nimmermehr in Ruh:
(Refrain:) Ja, ja, ja, herrliche Berge, sonnige Höhen, Bergkameraden
sind wir, ja wir, herrliche Berge, ...

Mit Seil und Hacken alles zu wagen hängen wir in steiler Wand.
Wolken sie ziehen, Edelweiß blühen, wir klettern mit sicherer Hand. Ja...

Im Alpenglühen heimwärts zu ziehen, die Berge sie leuchten so rot.
Wir kommen wieder, denn wir sind Brüder, Brüder auf Leben und auf Tod. Ja...

Lebt wohl ihr Berge, sonnige Höhen, Bergvagabunden sind treu, ja treu.
Lebt wohl ihr berge, sonnige Höhen, Bergvagabungen sind treu.

Mountain climbing is a way of life for many a European and embedded in a whole range of traditions. Originated probably as far back as thousands of years, a simple life-style is combined with physical activity and the excitement of victory over mother nature. There is hardly a comparable feeling to standing on the very top of a mountain after many hours of tiresome up-hill walking and exhausting climbing and looking across the many peaks along the horizon.

Recently, many areas have been opened up for tourism: Cable cars, modern roads and trails, strengthened with ropes and ladders, are all contributing to making the stony, rugged environment more accessible to everybody. The "Alpenverein" especially took great pains to make the mountains safer for the hikers. Youth groups, families, even elderly people enjoy walking through the wilderness.

There is clear, tasty water coming out of springs and finding its path through the stones, soft wet grass and green moss spreading out before the onlooker like a carpet, and a variety of vegetation. The three most famous mountain flowers are: Edelweiß, Enzian, and Almenrausch. Latschen (small, flat pines) can be found just above the "Baumgrenze" (about 1800 m, where the trees stop growing.)

Even without TV, running water, and electricity, the evenings in the mountain chalets can be very stimulating, although some people might shy the inconveniences. There is a whole tradition of "Hüttenspiele" (games intended for the evenings in a chalet), including card games and magicians' tricks. Singing is often accompanied by a guitar or accordeon player.

Mountaineers are "Frühaufsteher" (early risers) - sometimes they move on as early as 4 o'clock, with the first rays of the sun, in order to reach their destination before sunset.

goulash soup
gulaschsuppe

2 cups chopped onion
¼ cup shortening
3 green peppers, chopped
3 tablespoons tomato paste
1 pound lean beef, cut in 1-inch cubes
Dash red pepper
1 teaspoon paprika
2 cloves garlic, minced
½ teaspoon salt
6 cups beef broth, canned or homemade
1 tablespoon lemon juice
¼ teaspoon caraway seeds

Fry onions in hot fat until transparent. Add green peppers and tomato paste. Cover and simmer 10 minutes. Add meat and remaining ingredients. Simmer about 1½ hours, until meat is tender. (Add cubed potatoes if you like and simmer until potatoes are done.)
(Best when served the second day.) Makes 6 servings.